

Down
The
Rabbit Hole



2025

The Fall

Alice is falling down the rabbit hole
She's looking for her long-lost soul
Roots are growing out from the walls
Grasping for the root Alice falls

The roots of where she's from
The roots of where she belongs
The roots of where she begins
The roots of all things

Grasping for something to make her whole
Empty handed she's falling down the hole
She's letting things slip
She's lost her grip

Falling deeper underground
Spinning round & round
She's falling fast
All her life is flashing past

Rose gardens & grand halls
Lavish banquets & masked balls
Sirs, lords & dames
Tea parties & parlour games

A piano goes spinning by
Top hats flying high
Ball gowns twirling in a spin
An old violin

Silver spoons pass her by
Golden candlesticks flying high
Champagne bottles pop their corks
Dancing knives & forks

Teapots go flying past
Plates of cakes spinning fast
A Cheshire cat with a grin
Teacups & saucers in a spin

Alice keeps on falling
Deep inner calling
Falling deeper within
All her world is in a spin

Great expectations
Deep-rooted frustrations
No sense of belonging
A life of endless longing

She's always pretending
The lies are never ending
Spinning with every lie
She's someone she can't deny

Tied tight with tradition
Bound up with inhibition
She's tied in a knot
Who is she? & Who is she not?

Candles spinning round & round
Lighting the way all the way down
Those flickering flames of doubt
Alice is trying not to blow them out

Ticking clocks go flying past
The hands of time spinning fast
Shadows dancing on the walls
Crying porcelain dolls

A music box playing melodies
Diaries full of memories
A book of magic tricks
Rosary beads & a crucifix

A crystal ball goes spinning by
Playing cards flying high
A cuckoo clock begins to chime
Alice is losing her mind

Alice is entirely bonkers, all the best people are
She's letting the madness out of the jar
She's falling into doubt
She's pouring it all out

All those things that consume her
Every whisper & every rumour
All those thoughts inside her head
Every word they've ever said

All those times she had to pretend
Driving herself round the bend
All her personalities
Those wild fantasies

Alice is wondering who she is
Doubting if she truly exists
She is someone but who?
She's falling into yOu

'Who am I to be?
I am someone but not me
All that doubt
Turning myself inside out'

'Twisting & turning
Longing & yearning
Wanting to be free
Trying to be me'

'I am someone I am not
Tied in a knot
I cannot see
Who is truly me?'

It's dark up above and so below
She's never being so low
Falling through the earth's core
She's falling forever more

In the darkness she's losing her way
All her dreams are fading away
She's all alone
Falling into the unknown

Alice keeps on falling
Nobody can hear her calling
She's in the dark
She's lost her spark

In the darkness she doubts she's here
She's beginning to disappear
It's the end of everything
She's come to nothing

Spinning round & round
Falling all the way down
There is nothing to believe in
Alice must start dreaming

In the darkness she sees a light
Wonderful ideas shining bright
Burning with fascination
Glowing in her imagination

She's dreaming of impossible things
Ten thousand wonderful things
She's creating a land of wonder
A land deep down under

Another world begins to reveal itself
A Wonderland deep inside herself
A place of magic and dreams
Where nothing is as it seems

Something is awakening
A wonderful feeling
A new beginning
Alice is dreaming

Wonderland

The Rabbit checks his watch
His mind is playing hopscotch
Hopping around in his own mind
He's hopping mad all of the time

His mind flashes a curious state
'Oh dear, oh dear, I will be late
Illumination & revelation
Not a moment's hesitation'

A sudden realisation
He takes a leap of the imagination
He's looking for a long-lost soul
In a flash he's down the rabbit hole

Alice lands with a crash into a long dark hall
It's the end of the fall
The White Rabbit goes hopping by
'You're late' she hears him cry

'You're lost in a world of wonder
You have fallen deep down under
You have fallen far
Wondering who you truly are?'

'You've been wandering around in you
Wondering who's who
You do it every day
Wondering which is the best way?'

'It's time to find you
It's the only way through
Don't delay
You must be on your way'

The Rabbit hops around the hall
'Follow the truth' She hears him call
Off he hops with a leap & a bound
The long dark hall goes round & round

Alice follows closely behind
The Rabbit is playing with her mind
She's listening to all he has to say
He's telling her the best way

On he hops around the hall
'Know yourself' she hears him call
Off he hops with a leap & a bound
The long dark hall goes round & round

Alice is running just as fast as she can
Always finding herself back where she began
She's going round the bend
It never seems to end

The Rabbit must be on his way
'Be yourself' She hears him say
Off he hops on & on
In a flash he's gone

Alice suddenly stops
A small cake in a glass box
It say 'EAT ME' on the top
She's eating it & she just can't stop

She's eating all the cake
She's beginning to shake
She's feeling strange
She's beginning to change

She's full of her own self-importance 'Eat Me'
She's putting on quite the performance 'Eat Me'
She really thinks she's someone 'Eat Me'
She's looking down on everyone 'Eat Me'

She's filled with pride
She's can't keep it inside
Bite after bite she's eaten it all
She's grown too tall

Alice walks around the dark hall
Low lights glow on every wall
A hundred doors big & small
She's lost in the middle of it all

She's looking for the truth within
A place where she can begin
Somewhere she can be whole
A doorway to her soul

A glass table stands in the hall
A golden key to open them all
She can open only one door
She must be sure

Behind the curtain a tiny door
This is the one she's sure
Through the keyhole she can see
She tries her golden key

Outside a wonderful garden
Hopes of entering start to darken
The tiny door is too small
Alice is too tall

A glass bottle stands on the table
It says 'DRINK ME' on the label
Alice takes a drink
She's beginning to shrink

She's drinking all she's thinking
Into herself she is sinking
She's drinking her whole self in
She's drinking everything

All those memories 'Drink Me'
All those worries 'Drink Me'
All those fears 'Drink Me'
All those tears 'Drink Me'

She keeps on drinking
She's still shrinking
She's drunk it all
She's so very small

The Garden

Alice goes through the door
A wonderful garden to explore
Passing through to the other side
A wilderness of dreams outside

The long grass whispers in the breeze
Sunlight shimmers in the trees
A dark golden sky
Dragonflies go racing by

Bumblebees pass with a zoom
Wildflowers burst into bloom
Sweet exotic perfumes
Strange magic mushrooms

Giant foxgloves rise up above
Passionflowers burn with love
Morning glories brightly glow
The dandelions blow

Alice walks through the long grass
All her dreams have come to pass
Wandering deep down under
She's in a world of wonder

Golden rays dance across the sky
Dark clouds go wandering by
A warm restless breeze
Ancient twisted trees

Alice is wandering deeper within
No idea where she's going
She's been walking for hours
Strange wildflowers

Wild roses stare with curious eyes
Dahlias look on with surprise
Violets blink in the breeze
The tiger lilies begin to tease

'Who are you?' They call
'You're very small
Do you know where you are?
Have you come far? '

'I'm lost' said Alice in a cross voice
'I can't make a choice
I don't know which way to go
I need help if you know'

'That depends' said the wild rose
'If you're going the way we knows
This is a place full of wonder
You must be careful where you wander'

'I'm looking for me said Alice sadly
I'm someone else you see
I'm not who I used to be
I'm someone but not me '

'I see' said a Tiger lily
'You're very tiny
You couldn't possibly be you
You're too small to be a who?'

'You have shrunk too far
You are not who you truly are
You must learn to grow
That's the only way to go'

'Only the violets shrink
Be careful what you think
Be like the Foxglove
Grow with love'

'Follow the light' advises the wild rose
'That's the way everyone grows
Nature will show you the way
Be careful not to stray '

'Let your true nature grow
Grow with all you know
Follow the truth in you
It's the only way through'

'Nature grows all around you
It grows deep within you
It grows forever more
Gather enough until you're sure'

'Grow towards the light
You're so very bright
Grow straight & true
Grow into you'

The wild rose knows the way she goes
A journey through all she knows
She's reaping all she sows
That's how the truth grows

'You're going on a wonderful adventure
You must find your true nature
You will get there sooner or later
There is nothing greater '

'It's nature's call
There's Love in us all
Keep growing into you
Let the love shine through'

'You must grow with strong roots
Love grows with green shoots
Keep growing every hour
The truth will flower '

The Caterpillar

Smoke fills the air
Swirling & twirling everywhere
Thoughts rising in streams
Spiraling into dreams

The Caterpillar is blowing smoke rings
Dreaming of impossible things
Drifting in & out
He's far out

His mind is in a swirl
Deep thoughts in a twirl
Swirling deeper within
He sees everything

Alice is drifting in the haze
Lost in a daze
All her thoughts in a twirl
Spinning in a swirl

She's in the Caterpillar's mind
Their thoughts entwined
He's looking deep inside
There is nowhere to hide

He knows what she's thinking
Her eyes are twinkling
She is full of wonder
Lost deep down under

She's wondering who she is
Doubting if she truly exists
Trying to figure herself out
Drifting in a cloud of doubt

The Caterpillar puffs on his hookah
He takes a closer look at her
She is open to suggestion
He asks Alice a question

‘Who are you?’

Alice doesn’t know
She just isn’t so
Wondering who’s who
She’s drifting in yOu

The Caterpillar looks Alice in the eye
They don't see I to I
She is not there
She is everywhere

'You Alice are a mystery
You're not who you imagine yourself to be
You're trying to be one of every kind
There are too many people in your mind'

'You're changing from person to person
Never being certain
Pretending to be someone
Always trying to please everyone

'You're tied in a knot
Being someone you are not
You must learn to see
You keep pretending to be'

'There's no escaping you
You are there in all you do
Don't pretend
Who will you be in the end?'

The Caterpillar keeps on smoking
He never stops talking
Blowing smoke into the air
Alice becoming aware

'You are forever changing
Always rearranging
Trying to be someone new
Never happy just being you'

'You are drifting in your own imagination
Lost with no sense of direction
You have wandered too far
Wondering who you truly are

'You are not one person or another
You are someone other
You are somewhere in-between
You are just a dream'

Alice knows the Caterpillar is right
She's beginning to see the light
She keeps changing everyday
Losing her way

'Sometimes I'm several different people
I find myself unbelievable
I have no meaning
Nothing to believe in'

'Today I am someone new
Tomorrow I could be someone like you
Yesterday I was someone I didn't know
Now if only I could grow into someone just so'

'I'm tired of pretending
It's never ending
I'm not sure who to be
I just want to be truly me'

Alice has been so many different people
She's unbelievable
She must learn to be wise
The Caterpillar gives her some good advice

'Most people are other people they know
They never really grow
They don't know who to be
They pretend to be'

'Most people think of peculiar things
In their mind the cuckoo sings
Their world is very small
Most people exist and that's all'

'Most people are full of other people's opinions
Their minds are like pickled onions
They sleep & never awaken
Be yourself Alice everybody else is taken'

The Caterpillar is beginning to disappear
In a moment he won't be here
He's slowly drifting away
Before he goes he has something to say

'Be honest with yourself everyday
Get to know yourself in every way
Try to be honest in all you say & do
That's the way to be truly you'

'Being someone is quite something
Being sure of who you are is everything
Don't give up trying
It's only you you're denying'

'Try a little modesty
It requires self-honesty
Know who's who
Just be you'

The White Rabbit

The White Rabbit is in a race against time
Alice is surely losing her mind
She's going round the bend
Soon this dream will end

The Rabbit begins to hop
All this madness must stop
He tells Alice straight
She's going to be late

'You are running out of time
Stop changing your mind
Wondering who's who?
It's time to be you'

Alice is trying to be honest with herself
Looking for her one true self
She's losing her way
Reasoning herself away

'Sometimes I think I know who to be
I imagine the perfect me
She is never me
I am not perfect you see'

'I am not perfect in any way
My mind is in disarray
There is no perfect me
I have too many flaws you see'

'I've tried to be perfect before
I always find a flaw
I am never happy with me
Who am I to be?'

The White Rabbit continues to hop
Alice never knows when to stop
All her thinking leads to doubt
She's turning herself inside out

'Nobody is perfect it's true
You can only ever be the best of you
Everyone has flaws it's true
Just try to be the better you'

'Always be honest with you
Think about what you say & do
Words mean nothing unless they are true
It's what you say & do that defines you'

'You can be too honest it's true
Don't be too hard on you
Sometimes the truth hurts it's true
Try to be kind when thinking of you'

'Often you expect too much of you
If you are honest, you know that's true
It takes time to be the better you
You can think too much it's true'

Alice is still being honest with herself
Trying to find herself
Going deeper within
Looking for somewhere to begin

'All I do is keep on reasoning
There must be more to believe in
Reasoning only goes so far
It doesn't explain who you truly are'

'I reason with myself every day
Those feelings just won't go away
In deeper feelings there's doubt
All that reasoning keeps running out'

'I keep trying to be reasonable
I find myself unbelievable
I am somewhere in-between
I am just a dream'

The Rabbit knows how she's feeling
She's looking for meaning
She's gone beyond all reasoning
She's wants something more to believe in

'It's not what you think, it's what you know
Those deeper feelings down below
You must make a decision
Use your intuition'

'Intuition takes you deeper within
It's there that reasoning ends & you begin
It's there you define the truth within
Who are you? & What do you believe in?'

The Rabbit knows where she's going
He can see that she's growing
She's going into the dark wood
A little advice might be good

'You have been so many different people
You have made them all believable
They hide in the dark wood
They are nobodies up to no good'

'You must face their every lie
Look them all straight in the eye
Face the lies within
Find the truth again'

'There are 'others' in the dark wood
They too are up to no good
They gossip all day
Don't listen to a word they say'

'Go & see the Toad along the way
He will show you the way
His wisdom is the wisest
His school the finest'

Mystery School

Toad sits on his stool
Teaching his mystery school
He's the head of imagination
The master of transformation

His school is a magic mushroom
It's a wonderful classroom
Everyone is wiser as such
Their muchness is much

He teaches his students the way
Enlightens them everyday
Opening their mind
Teaching them to be loving & kind

He shows them the light
The deepest insight
Something to believe in
A world of meaning

He teaches intuition
Some things are beyond definition
It's a wonderful way of knowing
The love just keeps on growing

They learn to follow their feelings
Feelings have many meanings
Deep sensations
Wonderful revelations

They follow all they know
Going deeper down below
A world of intuition
An inner vision

Intuitively they know
They must go with the flow
It's the only way of knowing
The love keeps on flowing

His students are bright
A shining light
Learning to see in the dark
They have found their spark

They can see the light
The deepest insight
The love within
Illuminating everything

Shining bright
It's their inner light
The deepest meaning
They are all believing

Glowing with illumination
It's a wonderful education
They are so very wise
They are fireflies

Alice tells the Toad how she's feeling
She can't find any meaning
Lost deep within
She's stopped believing

'I am never happy with my lot
Always wanting more than I've got
Forever wanting & needing
I'm never satisfied deep within'

'I am always eating myself up
Drinking from every cup
Growing & shrinking
I never stop thinking

'I want something to make me whole
Something to fill the hole
I need something more
I want to be sure'

Toad can see Alice needs to lessen
She needs to learn her lesson
If she wants to be sure
Less is more

'Questioning all you know
Letting yourself go
You will never be sure
Less is more'

'Trying to be someone you are not
Tying yourself into a knot
You will never be sure
Less is more'

'Always wanting & needing for more
More than before
You will never be sure
Less is more'

'More or less?
Nothing to excess
Know yourself
Be yourself'

The Toad knows Alice is sad
She's been going mad
She's forgotten to smile
She's been lost for a while

'Try to smile a little more
Be the person you were before
Let go of your sadness
Try a little happiness'

'It's not easy being sad
But it's easier to stay sad
Happiness takes effort you know
You must let your happiness grow'

'Don't seek happiness in things
It's in you where happiness begins
Be happy with who you are
That way you will go far'

Alice asks Toad a question
He answers without hesitation
Intuitively he knew
She wants to know the best way through

'Deep inside you there's a spark
It's right there in the dark
Forever shining
It's the light within'

'It's the love in you
The good in all you say & do
The truth within
It's where you begin'

'It's a wonderful feeling
The deepest meaning
All you are knowing
Love forever flowing'

'Follow that feeling
Love is revealing
Put aside your inhibition
Use your intuition'

'The love in you is true
The path is hidden in you
Love will reveal the way
Stay on the path & don't stray'

'The darkness is coming
You must be going
Don't let it hear what you think
The darkness will make you shrink'

'There is a mirror in the dark wood
It reflects all that is known & understood
It will show you the light & the dark
You will see the spark'

'Some look & see nothing
Others see everything
If you want to be free
You must learn to see'

'Face the truth within
That's where you begin
Find out who's who
It is the way to you'

'You must find the light
Let it shine bright
Learn to see in the dark
Find your spark'

The Dark Wood

Walking through the garden
The sky begins to darken
Darkness begins to call
It's nightfall

Shadows fall all around her
The darkness has found her
The night is whispering
Alice is listening

The darkness is calling her name
It's calling her again & again
Dark shadows dance & play
Trying to lead her astray

There's a dark feeling within
She's following it all the way in
It's doesn't feel good
She finds herself in the dark wood

In the deep dark wood
Darkness is up to no good
Dark shadows fall on this eve
The darkness deceives

It's a deadly shade of night
Shadows dance in the moonlight
Alice goes where no one goes
She goes where the darkness grows

Darkness is drawing near
It's a dark wood of fear
Shadows of doubt fall all about
All her fears are calling her out

Dark secrets are whispering
Silence is listening
Doubt is near
Fear can hear

Alice can feel the fear
It's always here
It wants to lead her astray
Make her lose her way

Dark shadows appear
Fear is near
The darkness within
She must never give in

A fear of who's within
A fear of not fitting in
They are calling her out
Those shadows of doubt

She's scared of being me
Everyone can see
She must dare to be
Learn to see

The fear keeps on growing
She must keep on going
She must find the spark
Let it shine in the dark

The Dark Mirror

A dark mirror stands in the middle of the wood
Reflections of all that's known & understood
Truth reflects on those who look more closely
Alice looks through the glass darkly

She looks closely at her own face
Vanity has her in a deep embrace
She is beautiful in an instance
To such beauty she has no resistance

A beauty of such perfection
She loves her own reflection
A beauty of such elegance
Vanity adores such innocence

Beauty has taken possession
She's got the look of obsession
Caught in her own gaze
Such a beautiful face

Alice begins to scream
It's all a terrible dream
Suddenly she's growing old
Time has taken hold

The mirror is showing the passage of time
Every wrinkle & every line
Beauty is losing its power
Time begins to devour

Ageing with every passing hour
She's as pretty as a wilting flower
Reflections of growing old
Time has told

Her beauty has worn thin
Real beauty is deeper within
The mirror never lies
True beauty is in the eyes

Alice must look deeper within
Now she can begin
Lost in her own self-deception
Darkness begins to cloud her reflection

Alice looks again into the dark mirror
The dark clouds begin to disappear
She wants to see
Who is truly me?

*Alice is full of her own self importance
She's putting on quite the performance
She really thinks she's someone
She thinks she's better than everyone
She doesn't listen to anyone
She tries to impress everyone
She's very arrogant
She's rather ignorant
She's a very square affair
She really doesn't care
She's cannot see
She doesn't know who to be*

'This Alice is not truly me
She is who I pretend to be
I cannot believe what I'm seeing'
Alice starts screaming

Alice has been deceiving herself
Not being her true self
Lost in her own self-deception
Darkness begins to cloud her reflection

Alice looks again into the dark mirror
The dark clouds begin to disappear
She wants to see
Who is truly me?

*Alice has a wonderful mind
She's loving & kind
She's reasonably modest
She's tries to be honest
She's a great friend
She's loyal to the end
She always tries
She's very wise
She's happy & free
She knows who to be
She can clearly see
She is truly me*

'This Alice is truly me
She is who I want to be
She is the best of me
She is happy & free'

Alice is tied in a knot
Being someone she is not
Lost in her own self-deception
Darkness begins to cloud her reflection

Alice looks one more time into the dark mirror
The dark clouds begin to disappear
She wants to see
Who is truly me?

*Alice is rather sad
She's going mad
She gets angry & cross
She's getting lost
She's often in doubt
She turns herself inside out
She's someone she's not
She worries a lot
She often cries
She's not very wise
She cannot see
She is not me*

'This Alice is not truly me
She cannot see
She is lost in the darkness
Full of sadness'

This is her shadow that always follows
It's here where she wallows
Lost in her own self-deception
Darkness begins to cloud her reflection

Alice is beginning to see
She's not who she wants to be
She has lost her way
Gone astray

'I am tied in a knot
Being someone I am not
I am not who I pretend to be
I can see the sadness in me'

'I have been deceiving myself
Losing myself
Wondering who to be
Trying to find me'

'I know who I want to be
I want to be truly me
I want to be free
Now I can see'

The dark mirror suddenly shines bright
Alice looks into the light
She can see the truth deep within
Somewhere to begin

It is the light that lets me see
It is the love in me
It is the good in me
It is the truth in me

It's that good feeling within
The deepest meaning
It sets me free
It lets me be

It makes me whole
It is my soul
It shines in the dark
It is my spark

Alice tries to grasp the light
It fades out of sight
Lost in her own self-deception
Darkness begins to cloud her reflection

Alice has seen the spark
Shining in the dark
The truth within
Somewhere to begin

Tied in a knot
She's someone she's not
She must undo what is done
Become one

She must face the darkness within
Find her spark again
Let it shine bright
See the light

Alice's Personalities

In the darkness hides her former selves
Secrets of the past she never tells
In dark shadows they dwell
Lies they tell

All her other personalities
Those wild fantasies
The people she's pretended to be
The lies that refuse to set her free

Secrets deep inside her
She thought they would never find her
They are right there behind her
Those lies have found her

The darkness is closing in
She can hear them whispering
Questioning all she believes
The darkness deceives

They are all whispering
Laughing & giggling
Getting louder & louder
Making fun all about her

'We made you think our way
Bending & twisting you in every way
We made you behave as expected
All your feelings rejected'

'We tied you into a knot
Made you into someone you are not
Tangled you up in thinking
Forever growing & shrinking'

'We have tied you tight
Making you just right
Bound you up with inhibition
Tied you up with tradition'

'Do as we do
Think only of you
Don't reflect
Be perfect'

They all want Alice to stay
Trying to make her go their way
Keeping her in the dark
They don't want her to find her spark

'You must play the game
You must be the same
Do as we do
Be perfect too'

'You must lie to be the best
You must lie to impress
You must lie to fit in
You must lie to win'

'Never be truly you
That just won't do
Lie until the end
You must pretend'

'You must be one of us
You really must
Try to please everyone
Become someone'

'You must play by the rules
Love is for fools
You must do as we say
Go our way'

Alice begins to shout
She's letting it all out
She's getting cross with them all
They make her feel very small

All those lies must end
She's going round the bend
She has learnt her lesson
She has learnt to lessen

She faces every lie
Looks them all in the eye
She's done with all their lies
She's growing wise

She lets them all know
She's letting them all go
They exist only in the past
All those lies will be their last

Alice is growing wise
There is a sparkle in her eyes
She's finding her spark
Learning to see in the dark

She's seeing things in a new light
She knows their thinking isn't right
They tie each other into a knot
Being someone they are not

She's not going to play their game
She doesn't want to be the same
Finding herself deep within
She's getting to know herself again

She's making light of dark thoughts
Untying knots
Looking on the bright side
Shining a light on the darkness deep inside

She can feel that good feeling within
It's growing again
In the darkness she's learning to see
No more pretending to be

The Other's

There are 'others' in the dark wood
They too are up to no good
Gossiping about everyone
They do it for fun

Their minds are very small
They gossip & that's at all
They are rather dim
Only darkness within

They try to pull everyone into the mud
It makes them feel good
Squelching about in their own sadness
Lost in the darkness

Talking about Alice
They do it with malice
Never a good thing to say
They gossip all day

'Alice is a real disappointment
A fly in the ointment
Her thinking isn't right
She's not very bright'

'She will never amount to much
She is useless as such
We can't see it in her
She is not a winner'

'She will never change
We find her very strange
Always peculiar
She's a loser'

They like to get inside her head
Nastiness in every word that's said
Hissing & spitting away
Poison in all they say

'She doesn't look right
A dreadful sight
She's not trying her best
She never fits in with the rest'

'She's way too thin
Very pale skin
Her bum is too fat
She's as mad as a bat'

'Her head is too big
A face like a pig
Breath of a hog
The eyes of a frog'

'She's got a funny nose
Awfully big toes
Sticky out ears
She's nearly in tears'

Alice is holding back the tears
They've been saying these things for years
She's heard every word they've said
It's going round & round inside her head

That's how they make you think
They want you to shrink
Stuck in the mud
It makes them feel good

They are never happy with their lot
Only happy when others are not
Filling people's minds with nasty thoughts
Tying everyone into knots

Alice is getting cross
She has had enough of been lost
No more listening to what the 'others' say
She keeps on walking her own way

Alice is getting stronger
She doesn't care what they call her
They are nobody's friend
They are just nasty without end

She is making light of all they say
They are going the wrong way
Lost in the mud
They will never be any good

That good feeling continues to grow
Alice is beginning to know
There's love deep within
She's letting it flow again

The light is shining brighter within
She's growing wiser again
Learning to see in the dark
She's finding her spark

The Jabberwocky

The Jabberwocky is waiting for Alice
Twisted with malice
Hiding in the dark
He wants her spark

Eyes glowing red
Vicious teeth inside his ugly head
Claws sharp as a razor
He's a fire breathing hellraiser

He's burning with desire
A raging fire
The need within
Devouring everything

He must feed
An endless need
The desire for more
More than before

He drives her too madness
Feeds on her sadness
Drinks her soul
He's there deep down in the hole

Alice can hear him breathing
The fear deep within
He's there in the emptiness
He's restless

He knows all her fears
He's been watching her for years
Everywhere she goes he follows
Hiding in the shadows

'Alice's soul is mine
She's losing her mind
Wondering if she exists?
Doubting who she truly is'

'I can feel the fear
She knows I am here
All that emptiness inside
It's there in the darkness I hide'

'Longing & yearning
Twisting & turning
Burning with desire
She's playing with fire'

'All that need
That's how I feed
She wants to be free?
She belongs to me'

The Jabberwocky looks Alice in the eye
He roars with a piercing cry
'Stay right there
You are going nowhere'

'It's me that makes you do what you do
All those feelings running away with you
Pushing & shoving you around
Turning your world upside down'

'It's me who created all your personalities
All those other realities
Fooling you into believing you were perfect
Making you my obedient subject'

'It was me that made you desire
Turning you into a liar
Making you want & need
Filling you with greed'

'All that jealousy
Green with envy
Can't you see
It was all me me me'

'I am the dark seed
Want & need
Needing to feed
It's all my greed'

The Jabberwocky roars with flames
Blood boiling in his veins
A raging thunder in his heart
A desire to tear Alice apart

The rage within
It keeps on burning
A wild despair
A terrible nightmare

Out of the darkness he appears
Alice's darkest fears
Wild fury in his eyes
Flames scorching the skies

He charges raging with fire
A blazing desire
He's going to devour her whole
Swallow her soul

Alice must face her fears
No more tears
It's time to fight
She's shining bright

She's believing in herself again
The spark shining deep within
The Jabberwocky must cease to be
A hideous monstrosity

He is made of lies
She can see it in his eyes
They are burning red
His soul is dead

A soul of darkness
Feeding on sadness
She must show him the light
She must fight

The Jabberwocky is charging
Vicious teeth snapping
Roaring flames of fire
Burning with desire

Alice shows him the light
She's shining bright
Scorching his skin
Burning his soul within

The Jabberwocky keeps on coming
He's going to tear her apart
Alice keeps on running
She's going to rip out his heart

Lightning flashes across the sky
Someone is going to die
Darkness & light
The endless fight

Alice charges straight for his heart
The light is tearing him apart
He screams & roars out loud
Exploding into a dark cloud

There she stands
His black heart in her hands
One foot on his head
The Jabberwocky is dead

Fires burn all around
Nobody makes a sound
Everyone has stopped talking
Alice keeps on walking

The Jabberwocky is dead
He's lost his heart & his head
The 'Others' stand quietly in the mud
All those other personalities have gone for good

No more playing with fire
No more burning desire
No more wants & needs
No more dark seeds

The night sky is turning red
Moonlight lights the way ahead
Walking in the dark wood
Alice is feeling good

Alice Is Growing Wiser

The White Rabbit appears in a flash
Hopping towards her in a dash
Quickly he comes to a stop
His mind continues to hop

'You are finding your spark
Learning to see in the dark
The truth deep within
It's shining bright again'

You have come so very far
Getting to know who you truly are
You are finding your soul
Making yourself whole'

'You're becoming more believable every day
Growing wiser in every way
Keeping the darkness at bay
Walking your own way'

'You must keep going a little longer
Let your love grow stronger
You are nearly here
Getting closer everyday my dear'

'It's not what you think but what you know
Those deeper feelings down below
All these experiences help you grow
As above so below'

'Never forget who you truly are
Don't let your thinking drift too far
Learn to make up your mind
Let it be loving & kind'

'Stay on the path & don't stray
There is no other way'
Just one more knot to be undone
Then you are done'

The Message

The radio is turned on & purring
Something is occurring
A strange & distant sound
A message inward bound

The Hatter's mind is full of interference
He's lacking coherence
His eyes are glowing bright then dim
Someone is tuning him in

He's talking nonsense with great urgency
Changing station to another frequency
He's talking French in long wave
Now it's English in short wave

*'The truth is in us all
All in one & one in all
As above so below
Let the love flow'*

Suddenly there's interference
Total incoherence
With a hiss, a crackle & a pop
The message has come to a stop

The Mad Tea Party

The moon is shining bright
Stars glowing in the night
A magical feeling
Everyone is dreaming

The table is laid for tea
Teapots as far as the eye can see
Cream cakes and marzipan
Bread & butter & Jars of Jam

Chocolate éclairs & French Fancies
Sweet dreams & wild fantasies
Sticky buns & sherry trifle
All things delightful

Everyone's eating & drinking
Their eyes are twinkling
The tea is magical
Their thinking wonderful

Living in a world of their own
Time has left them alone
Their madness is plain to see
Moonlight twinkles in their tea

Sitting round the table under the willow tree
The Hatter is brewing another pot of tea
Everyone's sitting in their favourite place
Moonlight shining upon their face

The Mad Hatter has a look of surprise
Madness in his eyes
He dips his watch in his tea once more
It's teatime for sure

The Dormouse is far out in drowsy bouts
He's neither here nor thereabouts
Speaking when he sleeps
Dreaming when he speaks

The March Hare is staring at the moon
Trying to catch it on his spoon
It's his favourite trick
He's a lunatic

Drinking tea together
They've been talking forever
Losing their way
Letting time slip away

The best of friends
Their teatime never ends
Filling their cups to the brim
They are waiting for time to begin

Time has stopped the clocks
No more ticks & tocks
Time has ceased to be
There is only time for tea

They are all living in the now
It just happened somehow
Time is waiting for the world to come
Now has forever only just begun

In the moment there is only now
That's all the moment will allow
The past has gone
The future is yet to come

With every cup of tea they pour
The moment flows on forever more
That's how the dream goes
The moment flows

The Hatter pours Alice a cup of tea
The moment is flowing free
Now is all they know
They are going with the flow

'Now is so much fun
Please try a sticky bun
The sticky buns are stuck in the now
You can eat them forever if you know how'

'I have been eating cake forever
It's now or never
It just appears some how
That's the wonder of now'

'Those jars of jam never end
Driving us all round the bend
Things last forever in the now
No one knows how'

'The tea keeps on pouring
We never stop talking
Talking about this & that
Endless cups of tea & a wonderful chat'

'We all love tea & chatter
It's the chatter that drives us madder
Talking about wonderful things
That's how it begins'

'We are always wondering why?
Life is passing us by
Wondering what it's all about
We are trying to figure it out'

'We question all that is
Wondering if we exist
We question all we know
Wondering if everything is just so'

'Lost in all we know
We are going with the flow
We keep on chattering away
There is madness in all we say'

'Looking for answers in every teacup
We try to make our minds up
The truth comes & goes
The tea forever flows'

'Conversations flow one into another
The truth keeps changing into something other
Losing ourselves in all we say
We find ourselves lost in the haze'

'We keep changing into one another
Imagining we are someone other
Losing ourselves in each other's ways
We find ourselves lost in a daze'

'We see the truth in each other's eyes
It never lies
It's wonderful in all its ways
Looking into the eternal gaze'

'We can see forever on a clear day
That's the way
The truth flowing on & on
The moment forever long'

'Wonderland is forever changing
Dreams rearranging
Thoughts coming & going
Forever flowing'

'Dreams drift one into another
We often change into someone other
We never truly are
We drift too far'

'We try our best to persist
We really do insist
We resist
Only in dreams do we exist'

'We are all very familiar
We are no one in particular
We are somewhere in-between
We are living in a dream'

The Mad Hatter begins to mutter
'I want more jam on my bread & butter
I wonder who I am
I think therefore I jam'

'I get jammed every now & then
Thinking the same thoughts again & again
It's the jam that makes me who I am
Too much Jam'

'I have gone too far
I must put the jam back in the jar
I don't know who I am
I'm in a jam'

A mind full of confusion
He butters his own delusion
He likes it thick & evenly spread
The jam is inside his head

The Hatter makes a fresh pot of tea
He's brewing his wildest fantasy
A tea to make them think
A wonderful drink

Alice likes fancy teas
He likes fantasies

She likes her tea in a teacup
He likes his tea in a hiccup

She likes her tea with cream
He likes his tea with a dream

She likes tea & biscuits
He likes tea & misfits

The Hatter likes to cause a stir
Stirring everyone into a blur
Endless cups of tea he makes afresh
It the madness that drives him to excess

Polite conversations are so mundane
Everyone's nice again & again
Nothing is ever really said
Only the nonsense inside their head

He likes to add little magic
Something fantastic
Freeing up their inhibition
Breaking with tradition

He adds a little to every cup
Stirring things up
Making their minds wander
A spoonful of wonder

The Mad Hatter takes a drink of his tea
Wondering who he might be?
He can't stop thinking
He keeps on drinking

He's thinking of the wild things
That's how it begins
It's his own fault
Too much salt

A mind like quicksilver
Eyes burning like sulphur
A fire blazes within
He's changing

His imagination is a wilderness
Alive with all things dangerous
Fire breathing red dragons
Hungry green lions

Wild beasts roaming within
They keep on chasing him
He shouts & screams
Such terrible dreams

He's changing colour
Black, white then red all over
He's changing into someone other
In a moment it's all over

The Hatter checks his reflection in his tea
Wondering who he might be?
He changes with every cup
Trying to make his mind up

'I always drink too much
Losing myself as such
Lost in someone else's way
My mind keeps slipping away'

'I was the Hare last week
I didn't realise until I tried to speak
I was nutty as a fruit cake
A dreadful mistake'

'I was the Rabbit the week before
I kept hopping more & more
I was hopping mad
The strangest experience I've ever had'

'I was the dormouse the week before that
Falling asleep in my own hat
Lost in a terrible dream
I woke myself up with a scream'

'You can lose yourself in a cup of tea
Now I always check to see who is me?
You must be careful what you think
Consider how much you drink'

The Dormouse is asleep in his teacup
He is beginning to wake up
His mind begins to stir
Everything is a blur

His eyes are dreamy
His tea is creamy
He is ready to appear
He is almost here

He takes a drink
His eyes blink
A little shake
He's wide-awake

Sitting up in his teacup
He's making his mind up
He takes another drink
He's beginning to think

‘Wisdom begins in wonder
It’s found deep down under
In the deepest depths of the soul
Down the rabbit hole’

‘You have opened the door
You have found so much more
A place to begin
The truth within’

‘Truth is the golden key
It opens the doors that sets us free
Behind every door there’s hidden treasure
Use this wisdom with good measure’

‘Never take the truth lightly
Consider your life wisely
Let the wisdom grow
It’s a wonderful way to know’

'Truth is only for those who seek it
You must find it & keep it
Seek it high & low
Find it and you will grow'

'Seek the truth within
That's the first place to begin
Seek the truth without
That's what life is all about'

'Wonder what's good & bad
Wonder what makes you sad
Wonder what makes you glad
Wonder what drives you mad'

'Be wise
Open your eyes
Open your mind
Seek and you shall find'

The Dormouse takes a sip from his teacup
He's still making his mind up
Considering all he's thinking
Everything he's drinking

'When we are happy with our thinking
We are joyful in our drinking
Forever hopeful
Our cups are always half full'

'If sadness clouds our thinking
It's hopeless but we keep on drinking
Doubting we will ever be happy
Our cups are always half empty'

'If we are wise with our thinking
There's wisdom in all we are drinking
Satisfied deep within
Our cups are filled to the brim'

'Often we can't stop thinking
Madness in all we are drinking
We can't keep it all in
Our cups are spilling over the brim'

'We all love a cup of tea
That's how we learn to see
Letting our minds wander
Losing ourselves in a world of wonder'

'We are always drinking
Drinking all we are thinking
Drinking ourselves in
Pouring ourselves out again'

'Our minds are always brewing
Thoughts stewing
Filling up our teacup
We drink it all up'

'Some of us sip
Some of us dip
Some of us gulp it all down
Some of us stir it round & round'

'We drink in what's best
Pouring out the rest
Always thinking
Forever drinking'

'Please have another cup
Drink it all up
Let the thinking begin
Drink it all in'

'Be wise with your drinking
Consider all you are thinking
Teacup after teacup
Try to make your mind up'

'Drink in the best of you
All those things you love to do
All those wonderful things you know
All those things that make you just so'

'Pour out what's troubling you
All those things you don't like to do
All those things that make you sad
All those things that drive you mad'

'Know what you like & like what you know
Let your wisdom grow
Go with the flow
Be just so'

The Mad Hatter is always drinking
He never stops thinking
Letting his mind go astray
He likes to drink his tea the same way

'I like my tea hot
Fresh out of the pot
I like to sip
Then I like to dip'

'A dark chocolate biscuit
I like to risk it
Dipping it all the way down
Trying not to drown'

'I'm always dipping
Sometimes licking
I keep on sipping
My mind slipping'

'Dipping in the deep end
I go round the bend
Back up the spout
Pouring myself out'

'Letting it all out
I scream & shout
The madness begins
All those wild things'

'Those wild creatures hunting me down
Bats flying round & round
Vicious animals trying to eat me alive
Drinking tea is the only way I survive'

'Those strange beasts of desire
Dragons raging with fire
Pulling me into the hole
Trying to drink my soul'

The hatter begins to scream
'What does it all mean?'
He pours himself another cup
Trying to make his mind up

The March Hare never makes his mind up
There's only madness in his cup
His mind is forever wandering free
He's always drinking tea

He pours himself another cup
Stirring it all up
His madness stirring
Something is occurring

He begins to ramble
His cup has no handle
Shouting & screaming
'This world has no meaning'

Drinking & drinking
He can't stop thinking
Pouring it all out
Splashing it all about

The madness within
Spilling over the brim
Stirring it round & round
He gulps it all back down

'My cup is always spilling over the brim
I keep pouring more & more in
I should have less but I always have more
I am never sure'

'I hop from one crazy idea to the other
Leaping from one conclusion to another
Jumping into every conversation
Running wild with my imagination'

'Teacup after teacup
I drink it all up
Full of madness
I sink into sadness'

'I keep on drinking
Divisive in my thinking
Thinking nobody cares
I am always splitting hares'

'Divided in two
I drink for a few
One too many
I am more than plenty'

The Dormouse always makes his mind up
Growing wiser with every cup
He knows what he likes & likes what he knows
That's the way his wisdom flows

He likes to sip
Occasionally he may dip
A little stir & nothing more
Just enough until he's sure

He lets his tea brew
Never stew
Not too dark or too light
He likes it just right

He's a deep thinker
A slow drinker
Drinking it all in
He thinks about everything

He's wise with his thinking
Considers all that he's drinking
Satisfied deep within
He fills his teacup to the brim

The Dormouse has moments of clarity
Wonderful flashes of sanity
Seeing clearer than before
He tells the truth & nothing more

'Some people question who they are
Going too far
Forgetting who to be
Wondering who is me?'

'They question what it's all about
Turning their world inside out
Losing all meaning
They have nothing left to believe in'

'They are always wondering why?
They can't stop no matter how they try
Questioning all they know
Until nothing is so'

'Sinking into sadness
They spin into madness
Falling deep down under
Lost in a world of wonder'

The Hatter looks Alice in the eye
She's still wondering why?
She's not made her mind up
He pours her another cup

'Life is not a problem to be solved
It's a dream to be dissolved
Have another spoonful in your tea?
Life my dear is a mystery'

'Life is for drinking & not sipping
Don't take the biscuit without dipping
Have another cup of tea
A fresh brew will help you see'

'Life is full of hiccups
The answer is always in teacups
It's all in the brew
You will soon see it's true'

'Don't take life too serious
You will end up delirious
Life is mysterious
Serious will be the end of us'

Alice pours herself another cup of tea
She's drinking all she can see
Teacup after teacup
She's trying to make her mind up

A mind full of wonder
She begins to wander
Drifting away
Going astray

She's thinking too much
Going mad as such
Drinking it all in
Thinking of everything

Drifting in & out
She's beginning to doubt
Letting go of who she is
Wondering if she exists

Alice keeps on drinking
She can't stop thinking
Her world is in a spin
Stirring deeper within

Her mind is a blur
Suddenly she's unsure
Doubting she is here
She's beginning to disappear

She is not as she appears
She is the faintest of ideas
She's losing all meaning
She's stopped believing

She's little more than a rumour
You can see right through her
She's losing her way
She's fading away

The Mad Hatter begins to panic
He's rather manic
Alice doesn't know
She's beginning to let go

'You're questioning your own existence
You must stop this instance
You must exist
We insist'

'You're fading into non-existence
You must show more persistence
You have no resistance
You'll be gone in an instance'

'Alice starts to resist
She must persist
She insists
She exists'

The Hatter is teaching Alice a lesson
Teaching her how to lessen
She keeps wondering too much
Losing herself as such

'You have drunk too much tea
Forgotten who to be
Letting your mind wander
You're lost in a world of wonder'

'You are spilling over the brim
You must learn to stop pouring it in
All the wonder is spilling out
You are pouring yourself into doubt'

'You must learn to keep it in
Only fill it to the brim
Don't splash it all around
Some of us will drown'

'Pour just enough wonder in
Then keep on drinking
Only wonder until full
That way everything is wonderful'

Alice remembers who she is
She knows she exists
She had lost her way
Gone astray

'I am not what I think but what I know
Those deep feelings down below
I believe in me
I know who to be'

'That good feeling deep within
That's where I begin
That's how I feel
I want to be real'

'I am tied in a knot
Being someone I am not
I want to be me
I want to be free'

The Hatter takes a drink of his tea
He thinks Alice is ready to see
He's going to tell her everything
Show her the whole truth within

'Only I can set you free
Help you see
You must try to understand me
It's the only way you can truly be'

'It was you who tied the knot
Made us both into someone we are not
Now there's you & me
That's how we came to be'

'I was at the end of my tether
You took it & tied us together
You tangled us up into a knot
Until I was someone you were not'

'Tied in two
You are me & I am you
I end where you begin
I am the madness within'

'I am the one that loves you madly
Worries for you gladly
Thinks for you sadly
Feels for you badly'

'I am your conscience deep within
Trying to make sense of all your thinking
Considering all your thoughts
Trying to untie your knots'

'I think of you everyday
Worry about you in every way
You are always on my mind
We are two of a kind'

'I have considered you from every angle
Your mind is in a tangle
Looping the loop over & through
I am tangled up in you'

'We are tied in a knot
Being someone we are not
We are not one but two
We must undo you'

'Sometimes you would think of me
Just for a moment let me be
I tried telling you every time
Alice, you are losing your mind'

'All the people you imagined yourself to be
They all became me
I was not one but a crowd
Your conscience speaking out loud'

'All that worry & doubt
Turning yourself inside out
Listening to no one
Pretending to be someone'

'All those thoughts you didn't want to hear
That was me my dear
All my concerns you ignored
You wouldn't believe you were flawed'

'All those sad feelings within
You denied them again & again
Losing your spark
Getting lost in the dark'

'We belong together
Always & forever
We are one soul
The whole truth that makes you whole'

'We are the light & the dark
Without one another there is no spark
Together we can see everything
The truth deep within'

'You are the light that keeps on shining
The love within
The happiness that rises above
True love'

'I am your shadow forever following
The madness within
The sadness you have come to know
The darkness deep down below'

'We must look out for one another
Stop changing into someone other
We must be as one
Every knot undone'

'Your light keeps the darkness at bay
Making the sadness fade away
You can see in the dark
You are the spark'

The Mad Hatter can see it in her eyes
She's beginning to realise
She's found her long lost soul
Now she wants to be whole

'Deep down in the hole there is wonder
Stay too long and your mind will wander
You must be careful my dear
Everyone is mad around here'

'You can wonder forever it's true
Sooner or later you have to do
Whatever you do you must be you
Nobody else will do'

'One last knot
We are someone we are not
We must undo what is done
Become one'

The Hatter brews another pot of tea
A fresh brew so Alice can see
He's making a special brew
A brew that will make her true

Alice is shrinking in size
It's happening before their eyes
She's tied in a knot
He drops her inside the teapot

He's going to let her stew
Deep in his special brew
Pouring in all the things she forgot
He's brewing a storm in a teapot

He's mixing in a whirlwind
He's stirring up a headwind
He's whipping up a storm
He's pouring in a thunderstorm

Thunderbolts & lightning
It's all very frightening
Hurricanes in a spin
Dark storms brewing within

Dipping her in & squeezing her out
He's mixing & stirring her all about
All her dreams he's mixing in
All her fears he's stirring in

A spoonful of the light & dark
A whole spark
A dash of happiness
A splash of madness

Alice is in a whirlpool in a spin
Going deeper within
Spinning round & round
Trying not to drown

He's tinkering with her thinking
Her eyes are twinkling
She's drinking all he's thinking
Into herself she is sinking

She's still unwinding
Ties are unbinding
She's coming undone
He won't stop until she's done

Alice is a tempest in a teapot
She's losing the plot
She's going up the spout
She's inside pouring herself out

All those fears
Endless tears
All that doubt
It's all pouring out...

All those memories
Endless worries
All that longing
She keeps on pouring

All that sadness
A swirling madness
Every scream & shout
She's poured it all out

Inside the teapot
She's untying the knot
She's drinking all the tea
She's drinking all of me

The tea is brewing
She's undoing
The love is growing
She's all knowing

Brewing & brewing
Her mind is undoing
Making up her mind
She is loving & kind

She can see the light
It's shining bright
The knot is undone
Alice is one

Tweedledee & Tweedledum

Tweedledee & Tweedledum
Together they are one
They love to play
That's their way

The twins give each other a hug
With a laugh and a chuckle they shrug
Holding hands they dance in a ring
Round & round the merry go round they sing

'Tis love that makes the merry-go-round
'Tis love that makes the mind sound
'Tis love with which our souls are bound
'Tis love with which we are lost & found'

The twins love one another
They couldn't imagine it any way other
They are the best of friends
Their love never ends

They believe in one another
They need no other
They go with the flow
They are just so

'We are one divided into another
He is one & I am the other
We are one soul
We are the sum of the whole'

'We couldn't exist without one another
One defines the other
We are the same in the opposite way
We are like night & day'

'We seek the truth in one another
We think the opposite of each other
We disagree to agree
That's how the truth came to be'

'The truth is forever flowing
Always coming & going
It's more than you will ever know
It is the endless flow'

'It flows through everything
Flowing deep within
It ebbs & flows
Onwards it goes'

'There's no end to knowing
The truth keeps on flowing
It's everywhere one looks
It's always in flux'

'The truth is all we know
The truth is just so
Let yourself go
Go with the flow'

Alice is whole
There is love in her soul
The twins can see it in her eyes
A love that nobody denies

'Love is all you need
That's the seed
The light that shines within
Where reasoning ends & you begin'

'It's nature's call
There's love in us all
The love between family & friends
A love that never ends'

'It's the love of you
It's the love of the things you do
It's the love that lasts a lifetime or just a few days
It's the love of life in all its wonderful ways'

'Love is a wonderful feeling
It's something to believe in
Your love is true
It's truly you'

'Love is full of meaning
Deep believing
It's the truth of all you know
Your love is just so'

'Love shines in the dark
It is the spark
It tells no lies
There is love in your eyes'

'Love is revealing
It knows every feeling
A deeper kind of knowing
Your love is forever flowing'

Alice is glowing
The love is growing
The deepest meaning
She's believing

She can see the light
It's shining bright
Deep sensations
Wonderful revelations

Waves of happiness
Waves of bliss
Waves of wonder
Waves of love deep down under

She's changing in wonderful ways
Emotions passing in waves
She's letting herself go
She's going with the flow

The Cheshire Cat

A cat slowly begins to appear
First a grin & then an ear
Two eyes, a nose & another ear
The Cheshire Cat is here

He has a wonderful imagination
It's a glorious emanation
On closer examination
He's quite the manifestation

His presence is very familiar
He's everywhere & nowhere in particular
All seeing & all knowing
Forever flowing

Alice is very curious
Life is mysterious
She wants to know beyond all doubt
'What is life all about?'

The cat smiles with a big grin
'Where do I begin?
There are so many questions my dear
The truth isn't always clear'

'Why is there something rather than nothing?
Why is there smiling & laughing?
Why do we cry?
There are so many questions why?'

'Why do we love?
What's up above?
What's down below?
What do we really know?'

'Why are we happy & sad?
Why is there good & bad?
Is life just a fad?
It could all drive your mad'

'Why are we here?
Is the end near?
Isn't life odd?
Is there a God?'

'What would life be without wonder?
The answers lie deep down under
The truth goes beyond all words my dear
Eventually all will become clear'

'It's wonder that keeps you going on
Without it your curiosity would be gone
You wouldn't stay here for long
That's why the truth goes on & on'

'I rarely interfere
The choice is always yours my dear
You are free to do as you please
The truth is what everyone believes'

'Intuitively you will know
Some things are just so
Other things are meant to be
Sometimes you have to wait & see'

'The truth is difficult to grasp
Keep searching until the last
Not all things are as they seem
It's all just a wonderful dream'

Alice asks the Cheshire Cat who he is
Does he really exist?
Is he part of her imagination?
She would like an explanation

The Cheshire Cat begins to grin
'I am the truth within
I am whatever you want me to be
I am your curiosity'

'I am the moment forever long
I am infinity on & on
I am one divided into many
I am plenty'

'I am not one thing or another
I am something other
I am in the middle
I am a riddle'

'The Cheshire Cat keeps on grinning
His eyes twinkling
Off he flows on & on
In a flash he's gone

Muchness

Smoke swirls & twirls into the air
The Caterpillar is out there
Drifting somewhere near
In a puff of smoke, he begins to appear

'You have opened your mind
All in good time
Your muchness is much
You are truly you as such'

'Now you must learn to keep your balance
Wonderland's greatest challenge
Less of a much & you're not as such
More of a much & you're much too much'

'You must learn to be wise with your thinking
Stop growing & shrinking
Don't think too much
You will go mad as such'

'Try to be more positive
Not so negative
Try a little modesty
Remember to look at yourself honestly'

The Caterpillar gives Alice some mushroom
'Be careful how much you consume
One side will make you grow taller
The other side will make you grow smaller'

'There are two sides to everyone you know
You must be careful how you grow
You must grow the proper way
Don't get carried away'

'A mushroom to grow and shrink
A mushroom to make you think
Be careful how much you consume
You could consume all of you too soon'

Alice takes a bite from the right side
Something is happening deep inside
A strange feeling within
She's growing again

She's contorting & distorting
She's bending & warping
She's a twisted contortion
She's growing out of all proportion

Her head is beginning to swell
It's not going well
She's got her head in a cloud
She's feeling proud

She's full of her own self-importance
It's quite the performance
She really thinks she's someone
She's looking down on everyone

She's growing too tall
She's going to fall
She's much too much
She's unbearable as such

Alice quickly takes a bite from the left side
She's sinking deeper inside
She's beginning to think
She's beginning to shrink

She's starting to doubt who she is
Wondering if she exists
Thinking too much
She's shrinking as such

She's beginning to go mad
Feeling sad
All the wrong thinking
She keeps on shrinking

She tries a little modesty
More self-honesty
Hoping for the best
She's shrinking less & less

She tries to be positive
Not so negative
She's being wise
She's stopped shrinking in size

She's eaten from both sides
She's shrunk to the right size
Her muchness is much
She is wiser as such

The Caterpillar takes a puff on his hookah
He takes another look at her
Blowing smoke into the air
Alice is aware

'You have faced the challenge
Found your balance
Your muchness is much
You are wiser as such'

'You have learnt to grow the proper way
There is wisdom in all you do & say
Don't get too big for your boots
Remember your roots'

'Be careful how you grow & shrink
Be careful how you think
Let your love grow
Go with the flow'

'Now you have found your own way
There is no other way
Keep going all the way through
Always try to be truly you'

Smoke swirls up above
Alice has found love
The caterpillar can see
Alice is free

'There is love in your eyes
You have grown so very wise
You have found new meaning
Something to believe in'

'Go & see the Queen
Try not to be mean
She's high up above
Show her your love'

Alice takes one last bite from the middle
She begins to giggle
She's feeling wonderful inside
She can see far & wide

Suddenly she's ascending
She's never ending
She goes on forever
She's forever now or never

Rising higher & higher
Nobody can deny her
She is free
As far as the eye can see

She can feel the love
Rising up above
Endless emotion
True devotion

She can see the light
Shining bright
Infinity on & on
In a flash she's gone

The Queen of Hearts

Cool fountains ascend towards the heavens
Roses bloom in her majesty's presence
Hedges in spirals twist round & round
Cherry blossom falls gently to the ground

Grand avenues run in every direction
Lawns cut to perfection
Rows of trees stand tall & true
The Queen's face is on every statue

Wild roses climb the wall
Rose trees growing tall
Roses growing in rows
Everywhere the rose it grows

Ivory towers rise to the sky
Heart shaped clouds go wandering by
A castle built of glass & stone
The Queen of Hearts lives all alone

The Queens rose garden is hidden
No one must enter, it's forbidden
In the middle grows the tree of good & evil
All the apples have been eaten by all the people

They have eaten all the apples to the core
Even the rotten ones that fell to the floor
No more apples would ever fall
They have eaten them all

Its branches are bare & barren
How could such a thing happen?
Banished from the rose garden
The skies in Wonderland began to darken

In the beginning was the word
They kept writing until their world was absurd
Their minds had gone rotten
Nobody could stop them

They reasoned with the mind until thoughtless
They reasoned with the law until lawless
They reasoned with happiness until sad
They reasoned with sadness until mad

They reasoned with love until love died
'Love is beyond all reason' the people cried
They reasoned with God until he was denied
'God is beyond all reason' the people cried

All good reason has gone bad
Reason has driven them all mad
On this day all good reason died
'Reason is treason' the Queen cried

The Queen is very unreasonable
She's unbelievable
She says what she's feeling
Always shouting & screaming

She's Wonderland's sovereign ruler
All her emotions rule her
She blows hot & cold
Everyone must do as they are told

A queen of furious passion
Blind fury without compassion
An inner child grown wild
A child reviled

It's all a very passionate affair
Passion rules everywhere
Emotions above all reason
To think otherwise is treason

Alice and the Queen play croquet
Every player plays their own way
It's a game of trouble & strife
Every player plays with their life

The players run in all directions
They are playing for the queens affections
It's a game of many dimensions
Winning is something nobody mentions

The Queen whacks the hedgehog with her mallet
The hedgehog flies like a bullet
Through the arch on & on
The game is on

Alice hits the hedgehog straight as an arrow
It hits every ridge & furrow
It's not a level playing field
To the Queen all must yield

The Queen is bursting with emotion
She's creating a commotion
Making scorching remarks
Shouting with sparks

She has a wicked tongue of fire
She's fuelled with cruel desire
Calling names with flames
Playing dangerous games

She is malicious in every way
Vicious in a delicious way
Her hair blazes red
Off with their head

Alice is winning
Trouble is beginning
The Queen must never lose
Winning is not an option to choose

'I win said Alice'

'I scored more than you
I scored six and you scored two
Therefore I win and you lose again
I win the game'

'All reason is treason said the Queen
I don't know what you mean
Nonsense is what you said
Off with her head'

'I win said the Queen'

'You're mad Alice cried
Reasoning must not be denied
Don't let your emotions rule you
They are making a fool of you'

'All reason is treason said the Queen
I don't know what you mean
Reasoning is not in the heart it's in the head
Off with her head'

'Nonsense said Alice turning red
Without reasoning you're off your head
You don't make any sense
Your talking nonsense'

'Reasoning leads to realisation said the Queen
That will be the end of the dream
All reasoning is dead
Off with her head'

'Your head is in a cloud said Alice out loud
A little love would make you less proud
I must be cruel to be kind
You are out of your mind'

'Love is beyond all reason said the Queen
I don't know what you mean
Love is dead
Off with her head'

Alice knows the Queen is sad
It was reasoning that drove her mad
Love is beyond all reasoning
She's stopped believing

'Love needs no reasoning
It is the deepest feeling
Don't be so naive
You just need to believe'

'Love gives you meaning
Something to believe in
Loving one another
Believing in someone other'

'Love sees the truth within
For better or worse it keeps on loving
Love is what it is
It truly exists'

'I will give it some thought said the Queen
I have a feeling I know what you mean
In the meantime, all love is dead!
Off with her head'

Alice is growing tired of living in a dream
She's getting cross with the Queen
The Queen is very unreasonable
Wonderland is unbelievable

'I want to be believable
Anything else is inconceivable
You are unbelievable
You can't be reasonable'

The Queen thinks Alice is absurd
That's the strangest thing she's ever heard
The Queen wants to be unbelievable
Anything else would be too reasonable

'All reason is treason
You must be careful not to reason
Reasoning results in realisation
That's a crime in a land of imagination'

The Cheshire Cat begins to appear
Any moment he will be here
First his eyes & then his nose
Next is tail & then his toes

He's flowing into being
Appearing as a dream
Coming & going
Forever flowing

He's smiling with a grin
Twirling in a spin
He's quite the vision
A wonderful apparition

The Cheshire cat can clearly see
Alice wants to be
She believes in who she is
She really wants to truly exist

'If you want to be believable
Then be more reasonable
Stop going round the bend
Reasoning will bring this dream to an end'

'We all need a little reasoning to get along
We all need a little reasoning to carry on
We all need a little reasoning to agree
We all need a little reasoning to be'

'Remember Alice never reason too far
Only love knows who you truly are
Love makes you be a better person
It's the only way to be certain'

'You have found the love within
That's where you begin
You have made up your mind
You are loving & kind'

The Cheshire Cat knows it's time for Alice to go
She has learnt all she needs to know
It's time to be reasonable
She wants to be believable

'You have come a long way
Listened to all we had to say
You have found the way
There's no need for you to stay'

'We will miss you when you're gone
Don't stay away for too long
Think of us every now & then
We will see you again'

'Everyone here is your friend
We will be waiting for you until the end
We will always be here in the in-between
All you have to do is dream'

Alice is beginning to realise
Reality is starting to materialise
She's being more reasonable
Becoming believable

It's time to be leaving
She's found something to believe in
She's stopped letting things slip
She's getting a grip

The clocks have started to tick
Things are happening quick
All is becoming clear
The end is near

The light is beginning to change
Everything looks so strange
Shadows dance & play
Wonderland is fading away

The White Rabbit whispers in her ear
The end is here
We have taught you all we know
It's time to go

'You are no longer someone other
You are yourself & no other
You know who you truly are
You have come so very far'

'The love in you is true
There is no other you
Love the things you do
Remember to love you'

'Love is revealing
Follow your feelings
Love will show you the way
Stay on the path and don't stray'

'This dream has come to an end
You've gone all the way round the bend
Your mind is open
You have awoken'

Mother Nature

The eyes of the day are open
She has awoken
Sun shines in her imagination
The light of illumination

A living presence
She's nature's essence
Her true beauty precedes
The dreamer believes

Hidden & concealed
She will be revealed
Just one glance
She is the eternal dance

The spirit in us all
She's nature's call
A light within
The truth in everything

Dreaming the dream
She's nature's Queen
A beautiful revelation
A wonderful creation

Please provide some feedback to shaun.banks@btinternet.com